



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **HARMONY BALANCE INTENTION**

## **Tai Chi**

### **ONEONTA FAMILY YMCA**

Doctors are recommending Tai Chi for **balance, stress relief, fatigue** and more because Tai Chi **gives you energy**, leaving you feeling refreshed when you finish!

The slow, dance-like movements of Tai Chi enhance balance, flexibility and calmness. With an emphasis on controlled movement and using mental imagery, Tai Chi integrates your mind with your body, and is very effective at relieving stress

**REGISTRATION IS REQUIRED FOR PARTICIPATION. Registration opens 03/15/19**



#### **PRACTICE SESSIONS**

Practice sessions are available to advanced participants.

Monday & Wednesday 3:30-4:00pm

**FREE to Members/ \$7 Public per class**

#### **ADVANCED CLASSES**

**WHEN:** Mondays 4/1/19- 5/6/19

**TIME:** 4:00 – 5:00 pm

**COST:** FREE Oneonta Family YMCA Members  
\$50 Public

**PREREQUISITE:** Must have taken the beginner level first

#### **BEGINNER CLASSES**

**WHEN:** Wednesdays 4/3/19- 5/8/19

**TIME:** 4:00 – 5:00 pm

**COST:** FREE Oneonta Family YMCA Members  
\$50 Public

**No experience necessary**